



THE HEBREWS

JOURNAL

VISIT ISRAELUNITE.ORG

SEX

IS TEMPORARY,
MARRIAGE
IS FOREVER.

HEBREWS 13:4 [BISHOP NATHANYEL]



EXPOSING THE MYTH OF 'HAPPY WIFE HAPPY LIFE'

For Men

Men don't behave with integrity or authenticity when they put this myth into practice. They don't share what's important to them. They diminish their self-worth.

ECCLESIASTICUS 7:26

"HAST THOU A WIFE **AFTER THY MIND**? FORSAKE HER NOT: BUT GIVE NOT THYSELF OVER TO A LIGHT WOMAN."

They make assumptions. Through trial and error, they try to figure out what works and what doesn't work to make her happy – based on the day, situation, her mood, etc. Often these assumptions are incorrect. The myth leads to long-term disappointment, frustration, resignation, and resentment for a man. They begin to develop thoughts like, 'Why does she get everything she wants and I don't? Doesn't she see how much I sacrifice for her?'

Avoiding conflict about the small things leads to avoiding conflict about the big things. Men become distant and non-communicative when they don't discuss how they feel and what's important to them. They capitulate even more to avoid an increasingly uncomfortable conversation. Their resentment and frustration build. At some point, they'll have had enough. They may experience a mid-life crisis, health issue, engage in an affair, drink more, go on a spending spree, or become physically and/or emotionally absent.

For Women

The concept of "Happy Wife Happy Life" seems like a great situation for a woman. Why wouldn't she want to be put first in the relationship? It's a dream come true. It's romantic. She believes, 'He loves me so much that he puts my happiness ahead of his own.' Getting what she wants is like fast food for the ego—quickly satisfying, but in the long-term, it creates a sense of entitlement and of holding power in the relationship. She has the capability to reward her husband, or not, based on her level of happiness. It poisons the relationship over time.

GENESIS 3:16

"UNTO THE WOMAN HE SAID, I WILL GREATLY MULTIPLY THY SORROW AND THY CONCEPTION; IN SORROW THOU SHALT BRING FORTH CHILDREN; **AND THY DESIRE SHALL BE TO THY HUSBAND**, AND HE SHALL RULE OVER THEE."

By adopting this myth, a woman is missing the opportunity to know who her husband really is, and cuts herself off from experiencing a deep and fulfilling relationship.

'What type of relationship do I really want?' Do I want one of honesty, respect and trust, or one fraught with untruths?

Both parties willingness to participate in the myth of "Happy Wife Happy Life" creates a co-dependent relationship. "I need you to complete me. I need you to make me happy. I need you to validate my self-worth."

EXPOSING THE **TRUTH** OF 'HAPPY WIFE HAPPY LIFE'

For Men

Men, a happy life starts with regaining control by setting your marriage in its ordained order.

1 CORINTHIANS 11:2 - 3

"NOW I PRAISE YOU, BRETHREN, THAT YE REMEMBER ME IN ALL THINGS, **AND KEEP THE ORDINANCES**, AS I DELIVERED THEM TO YOU."
"BUT I WOULD HAVE YOU KNOW, THAT THE HEAD OF EVERY MAN IS CHRIST; AND THE **HEAD OF THE WOMAN IS THE MAN**; AND THE HEAD OF CHRIST IS GOD."

ECCLESIASTES 9:9

"**LIVE JOYFULLY WITH THE WIFE** WHOM THOU LOVEST ALL THE DAYS OF THE LIFE OF THY VANITY, WHICH HE HATH GIVEN THEE UNDER THE SUN, ALL THE DAYS OF THY VANITY: FOR THAT IS THY PORTION IN THIS LIFE, AND IN THY LABOUR WHICH THOU TAKEST UNDER THE SUN."

1 PETER 3:7

"LIKEWISE, YE HUSBANDS, **DWELL WITH THEM ACCORDING TO KNOWLEDGE**, GIVING HONOUR UNTO THE WIFE, AS UNTO THE WEAKER VESSEL, AND AS BEING HEIRS TOGETHER OF THE GRACE OF LIFE; THAT **YOUR PRAYERS BE NOT HINDERED**."

For Women

A happy wife is one that follows the guidelines laid out by the Most High.

EPHESIANS 5:33

"NEVERTHELESS LET EVERY ONE OF YOU IN PARTICULAR SO LOVE HIS WIFE EVEN AS HIMSELF; **AND THE WIFE SEE THAT SHE REVERENCE HER HUSBAND**."

PROVERBS 31:12

"SHE WILL **DO HIM GOOD AND NOT EVIL** ALL THE DAYS OF HER LIFE."

TOBIT 8:6

"THOU MADEST ADAM, AND GAVEST HIM **EVE HIS WIFE FOR AN HELPER AND STAY**: OF THEM CAME MANKIND: THOU HAST SAID, IT IS NOT GOOD THAT MAN SHOULD BE ALONE; LET US MAKE UNTO HIM **AN AID LIKE UNTO HIMSELF**."



ECCLESIASTICUS 25:1

"IN THREE THINGS I WAS BEAUTIFIED, AND STOOD UP BEAUTIFUL BOTH BEFORE GOD AND MEN: THE UNITY OF BRETHREN, THE LOVE OF NEIGHBOURS, A MAN AND A WIFE THAT AGREE TOGETHER."



Motherhood the Journey...

BY DEBORAH ISRAEL HO RAZIS

SHALOM FAMILY MHNCBWA!

LET'S TALK ABOUT IT! IT'S OFFICIALLY 10 MONTHS NOW SINCE I'VE HAD MY LITTLE PROPHET AND IT IS INDEED A JOURNEY! I'M SURE OTHER MOMMAS OUT THERE ARE PROBABLY READING THIS AND SAYING, "10 MONTHS? SISTA YOU GOT THAT CHILD'S WHOLE LIFE AHEAD OF YOU!" LOL. I GET IT, BUT IT HAS BEEN A JOURNEY.

A LOT OF THINGS HAVE CAUGHT ME BY SURPRISE, LIKE THE PROCESS OF HAVING A CHILD. FOR INSTANCE, YOU KNOW WHAT YOU MUST DO, BUT THE ACTUAL PROCESS IS SOMETHING YOU CAN'T BE PREPPED FOR. DO YOU MOMMAS REMEMBER THE STAGES OF TEETHING, CRAWLING, POTTY TRAINING, TEACHING YES AND NO, OR PUTTING ANYTHING IN THEIR MOUTH WHEN THEY DO START CRAWLING.

BEING A MOTHER IS NO WALK IN THE PARK, REMEMBER ELEAZAR IN 2 MACCABEES WHO ALSO NOTED HIS HONEST EDUCATION FROM A CHILD? (2 MACC 6:23) OR WHEN THE MOTHER OF 7 SONS ENDURED THE TROUBLES OF EDUCATION? (2 MACC 7:27). READ THAT STORY WHENEVER YOU ARE FEELING OVERWHELMED, THIS MOTHER HAD 7 SONS AND THEY WERE ALL KNOWLEDGEABLE CONCERNING THE LAWS.

WE HAVE NO EXCUSES WHEN IT COMES TO GETTING OUR MOTHERLY JOBS DONE. BEING A MOTHER IS BEING SELFLESS. YOU DECIDED THAT YOU WANTED TO BE A MOTHER AND IF THE MOST HIGH ALLOWS YOU TO, CONSIDER WHAT YOU ARE SIGNING UP FOR. THEY ARE DEFINITELY WORTH THOSE CONTRACTIONS, THE PAIN, THOSE DAYS WITH NO SLEEP, AND BACK ACHES BECAUSE YOUR BELLY IS SO BIG! CONSIDER AND COUNT THE COST OF MOTHERHOOD, YOUR BABY IS GOING TO GROW UP TO LORDS WILL BE A GODLY MAN OR WOMAN ACCORDING TO THE SCRIPTURES.

THEY WON'T BE NEWBORNS FOREVER. REMEMBER, THAT IS A PERSON YOU ARE RAISING, AN ISRAELITE, A PROPHET OR PRINCESS OF THE LORD! WE MUST MAKE SURE WE DON'T DISAPPOINT THE LORD, IF HE BLESSED YOUR WOMB TO BRING FORTH CHILDREN, SHOULDN'T YOU TAKE CARE OF THAT BLESSING TO THE BEST OF YOUR ABILITY? THE BEST WAY TO DO THIS IS BY KEEPING THE LAWS OF THE LORD AND TEACHING THEM TO YOUR CHILD. HONESTLY, I LOVE EVERY MOMENT WITH MY SON. EVERY TIME HE TRIES NEW FOOD, I RECORD IT! HE TOOK 2 STEPS FOR THE FIRST TIME AND YES, I RECORDED THAT TOO! TEACHING OUR CHILDREN OUR WAY OF LIFE, THE LAWS, AND THE COMMANDMENTS IS THE BEST THING THEY CAN EVER HAVE. WHEN YOU SEE YOUR CHILD APPLYING THOSE LAWS AND KEEPING THEM, THOSE ARE THE MOMENTS WE HAVE TO CHERISH. BUT OF COURSE, MY SON ISN'T EVEN WALKING ALL THE WAY YET, SO LORDS WILL WHEN HE IS ABLE TO APPLY, I'M GOING TO BE A VERY PROUD MAMA! MOTHERHOOD... LET'S CONTINUE.

SIDENOTE: REAL LIFE MOM MOMENTS... YOU GET 30 MINUTES OF TIME BECAUSE YOUR BABY IS SLEEPING BUT YOU STEP AWAY FOR 5 MINUTES, ONLY TO RUN BACK BECAUSE YOU THOUGHT YOU HEARD A CRY? #AMOTHERSLIFE



My Daily Prayer

PSALMS

CHAPTER 74

1 (MASCHIL OF ASAPH.) O GOD, WHY HAST THOU CAST US OFF FOR EVER? WHY DOTH THINE ANGER SMOKE AGAINST THE SHEEP OF THY PASTURE?

2 **REMEMBER THY CONGREGATION**, WHICH THOU HAST PURCHASED OF OLD; THE ROD OF THINE INHERITANCE, WHICH THOU HAST REDEEMED; THIS MOUNT ZION, WHEREIN THOU HAST DWELT.

3 LIFT UP THY FEET UNTO THE PERPETUAL DESOLATIONS; EVEN ALL THAT THE ENEMY HATH DONE WICKEDLY IN THE SANCTUARY.

4 THINE ENEMIES ROAR IN THE MIDST OF THY CONGREGATIONS; THEY SET UP THEIR ENSIGNS FOR SIGNS.

5 A MAN WAS FAMOUS ACCORDING AS HE HAD LIFTED UP AXES UPON THE THICK TREES.

6 BUT NOW THEY BREAK DOWN THE CARVED WORK THEREOF AT ONCE WITH AXES AND HAMMERS.

7 THEY HAVE CAST FIRE INTO THY SANCTUARY, THEY HAVE DEFILED BY CASTING DOWN THE DWELLING PLACE OF THY NAME TO THE GROUND.

8 THEY SAID IN THEIR HEARTS, LET US DESTROY THEM TOGETHER: THEY HAVE BURNED UP ALL THE SYNAGOGUES OF GOD IN THE LAND.



JEREMIAH 3:12 - 13

GO AND PROCLAIM THESE WORDS TOWARD THE NORTH, AND SAY, RETURN, THOU BACKSLIDING ISRAEL, SAITH THE LORD; AND I WILL NOT CAUSE MINE ANGER TO FALL UPON YOU: FOR I AM MERCIFUL, SAITH THE LORD, **AND I WILL NOT KEEP ANGER FOR EVER.**

ONLY ACKNOWLEDGE THINE INIQUITY, THAT THOU HAST TRANSGRESSED AGAINST THE LORD THY GOD, AND HAST SCATTERED THY WAYS TO THE STRANGERS UNDER EVERY GREEN TREE, AND YE HAVE NOT OBEYED MY VOICE, SAITH THE LORD.

Hebrew Health

Fighting Addictions / Cravings during pregnancy

During my 9 months of pregnancy, I was placed on a no sugar, no starch, and no calcium diet. I was put on this diet due to low iron and low platelets count which plays a huge role during pregnancy.



It was one of the hardest but achievable moments during pregnancy. You may be wondering how could a pregnant woman be on such a diet, she's eating for two! Well, that's not the case. Society has told us to eat for two. Although I had really bad cravings for sweets and junk food, it took a lot of discipline and supplements to overcome those cravings. However, your health plays a huge role in pregnancy and you want to maintain good health.

Here's a few tips and experiences I've encountered that can probably help you when dealing with things you might be craving or addicted to.

Stop eating WHITE RICE, as it is very high in sugar and starch. Replace it with quinoa or wild rice.

Cut out the BREAD. Although this might be very addictive, it's possible!



SUGAR, SUGAR, SUGAR! I know we love the fruits, sweets, candy etc. Let's be mindful of the fruits we're in taking. Some of them are extremely high in sugar. Low iron and low platelets doesn't mix with fruits high in sugar. Eat fruits such as melons, apples, pears, and citrus fruits to cut back on the sugar or when you're craving something sweet.

DISCIPLINE yourself. Anything is possible!

5 WAYS TO IMPROVE YOUR SELF-DISCIPLINE

ONE

Use **daily affirmations** to strengthen self-control.

TWO

Combine something you **want** to do with something you **need** to do.

THREE

Put the candy jar away! **Hide temptation** in hard to reach places.

FOUR

Give yourself **visual reminders**. Try putting a positive post-it note message on your bathroom mirror.

FIVE

Focus on yourself. Don't try too hard to constantly please others.

Sugar Addiction: A Sweet Story

Hi, my name is _____ and I'm a recovering sugar addict. Yes, sugar addiction is a real thing and it's worth discussing in order to take charge of our health, gain discipline, and glorify God in our body!

I'll share a little of how I have managed my sugar addiction or "sweet tooth". Many of us have a "sweet tooth" which only means we really enjoy sugary foods. It becomes a problem when it starts to affect your mental and physical health. The scriptures say for us to not be insatiable in dainty things (Sirach 37:29) meaning that we are not to overindulge in sweets.



For some people whose sweet tooth turns into an addiction, it may start with simply enjoying a few chocolate chip cookies when you get a random craving, to eating double that amount. Next thing you know you're at a point where you can eat an entire family pack of cookies in just one sitting!

Research shows that sugar is much like a drug to our brain. If you're even a little conscious about what you eat on a daily basis you will notice how if you eat too much sugar you don't feel so well. Some side effects can be drowsiness, unclear thinking, headache, stomach pains, heart palpitations, fast heart rate and more. Your body is trying to tell you something is not right. Most addictions start with a lack of something. Sometimes we use food as a way to make us feel good or give us comfort. If you're dealing with sugar addiction, take the time to examine yourself and you'll find out why it has become an addiction for you. That's the first thing, to acknowledge the problem.

The way I managed sugar addiction was simple, but not easy in the beginning. We know we can do all things through Christ, when we meditate on the laws. Simply make up your mind to change. Start there! Tell yourself why you want to change, then make a promise to yourself and the Most High that you will try to take better care of the body that He gave you and that you will glorify him by eating things that are beneficial to His body you've been loaned (1 Cor 6:19). Vow to not let your poor eating habits be the cause of your bad health.

Think about that for a minute. What if you end up with certain health issues because you chose to regularly eat an excess of sugar? We have to do better than that. Pray for strength to fight those cravings and pray to not even have the desire.

Most addicts have to completely stay away from the substance that they abuse because there is the chance of relapsing. Be honest with yourself, for who knows you better? A newly recovering alcoholic cannot have a sip of wine every day because they are still in recovery and lack the discipline to resist the urge at that time. If you can cut out all the sugar you eat during the week and only have a piece of cake once or twice a week without relapsing then good for you! But if you know that one piece of cake twice a week will turn into 2 pieces every day, then those 2 pieces can turn into a whole cake in 2 days, it's all because you lack the discipline to stay on track. No worries, you can get there! Fruit may not sound as appetizing compared to a warm glazed donut, but once you go without sugar for a couple of weeks and retrain your taste buds by cutting out all the foods that have processed sugars in it, you can make a delicious smoothie that will turn into your favorite milkshake dessert! I let go of the processed sugar and turned to fruits and it was an easy substitute. Fruits are hydrating to your body and make you feel good. You feel good about yourself when you begin to enjoy fruits the same way you once enjoyed the sugary desserts in which you would overindulge.

Don't expect anyone to understand your addiction. It's something you have to deal with and work on yourself. You'll be so proud of the discipline you gain by just telling yourself "no" and finding healthy alternatives. Get in the kitchen, get creative, and enjoy the natural sweets that come from the earth. Fruit is God's candy!

REVAMP & REUSE REPURPOSE

SIS ATARAH -- H.O. OFC GAMALIEL (AL)

SHALOM FAMILY! MHNCB YOU ALL!

PRAYERFULLY, YOU ALL ENJOYED YOUR FEASTS WITH JOYFULNESS AND GLADNESS! WHILE MOST OF US HAVE BEEN IN TRUTH FOR LONG ENOUGH TO REVAMP OUR WARDROBES AND GET RID OF THE ABOMINABLE CLOTHES WE SO PROUDLY WORE WHILE WE WERE STILL IN THE WORLD, THERE ARE SOME THAT ARE PRETTY NEW AND STILL TRYING TO NAVIGATE THIS NEW REALM OF MODESTY.

NOW, YOU'RE WORKING ON CHANGING YOUR MINDSET, YOUR HOLIDAYS, YOUR BEHAVIOR, AND THE WAY THAT YOU DRESS (DEUTERONOMY 22:5). YOU GOT THIS, SIS! A WAY TO SAVE MONEY AND REPURPOSE THOSE PANTS THAT YOU ALREADY HAVE, IS TO TURN THEM INTO SKIRTS (OR EVEN DRESSES).

YEP! IT'S A REAL THING AND MAKES FOR FUN SEWING PROJECTS, TOO. (ESPECIALLY FOR THOSE OF US WITH DAUGHTERS, IT IS A FUN WAY TO BOND WHILE TEACHING THEM THE IMPORTANCE OF MODESTY AND FEMININITY. EZEKIEL 16:44 - BEHOLD, EVERY ONE THAT USETH PROVERBS SHALL USE THIS PROVERB AGAINST THEE, SAYING, AS IS THE MOTHER, SO IS HER DAUGHTER.

WE WANT TO ENSURE THAT WE GIVE OUR DAUGHTERS AND OUR SONS THE MOST RIGHTEOUS EXAMPLES OF WOMANHOOD, MODESTY, AND OBEDIENCE TO TMH'S LAWS, STATUTES, AND COMMANDMENTS AS WE POSSIBLY CAN.

THE FOLLOWING IS A QUICK STEP-BY-STEP TUTORIAL ON HOW TO ACCOMPLISH THE PANT-TO-SKIRT CONVERSION, USING A HORIZONTAL SEAM (COURTESY OF WIKIHOW):

Step 1

GRAB A PAIR OF PANTS YOU NO LONGER WEAR. THEY NEED TO BE YOUR SIZE OR BIGGER THAN YOU. IF YOU DON'T HAVE THE PERFECT PAIR, TAKE A TRIP TO THE THRIFT SHOP! JEANS, KHAKIS, CHINOS, SLACKS -- ALL TYPES WILL WORK. (**IF THE PANTS ARE TOO BIG, YOU'LL NEED TO RIP UP THE SIDE SEAM, CUT OUT THE UNNECESSARY FABRIC, AND SEW IT BACK TOGETHER TO MATCH YOUR WAISTLINE.)



Step 2

CUT OFF YOUR PANT LEGS AT THE CROTCH. MAKE SURE IT LIES FLAT; YOU DON'T WANT ANY MATERIAL BUNCHING OR BUBBLING - IT SHOULD NATURALLY LIE FLUSH TO THE TABLE.

- IF YOUR CUT ISN'T PERFECTLY STRAIGHT, THAT'S FINE! AS LONG AS IT'S A CLEAN LINE, IT DOESN'T MATTER WHAT ANGLE IT'S AT. IN FACT, A STEEPER ANGLE CAN GIVE YOUR SKIRT A MORE REFINED, LESS PATCHED-TOGETHER LOOK.
- IF YOU WANT TO USE THE LEGS FOR THE REST OF YOUR SKIRT (RIGHT NOW IT'S TOO SHORT), DON'T THROW THEM AWAY JUST YET!

Step 3

CUT A STRIP OF ANOTHER FABRIC TO FILL OUT THE LENGTH OF THE SKIRT. YOU PROBABLY WANT ANOTHER SIX INCHES (IN WIDTH) OR SO OF FABRIC, IF NOT MORE. IF YOU HAVE SOME SCRAPS LYING AROUND FROM AN OLD PROJECT, USE THOSE! OR YOU CAN USE THE PANT LEG OF THE ONES YOU JUST TORE UP. DOES THE THIGH OR THE CALF GIVE YOU THE WIDTH YOU'D LIKE?

- CUT 1/2" (1.25 CM) WIDE THAN YOU NEED FOR A SEAM ALLOWANCE.
- MAKE SURE THE FABRIC IS LONG ENOUGH TO WRAP AROUND THE ENTIRETY OF THE SKIRT.
- IF YOU'RE USING YOUR OLD JEANS, YOU MAY NEED TO RIP OUT THE SEAM THAT MEETS THE SKIRT -- OTHERWISE THAT'S A LOT OF THREAD GOING ON IN ONE PLACE. AND BECAUSE OF THE CUT OF THE JEAN, MAKE SURE THE FABRIC LINES UP (WIDTHWISE) FRONT AND BACK.

Step 4

PIN THE FABRIC TO THE EDGE OF THE SKIRT AND SEW. USING YOUR 1/2" SEAM ALLOWANCE, PIN YOUR FABRIC TO THE EDGE OF THE SKIRT, LEAVING THE EXTRA ON THE INSIDE, RENDERING IT INVISIBLE. FLIP THE SKIRT INSIDE OUT AND BEGIN EITHER HAND STITCHING OR BLAZING THROUGH WITH A SEWING MACHINE.

- IF YOUR FABRIC REQUIRES IT, CREATE A SEAM ON THE BOTTOM EDGE, TOO. JUST DON'T MAKE IT TOO SHORT!
- IF YOUR FABRIC IS GIVING YOU ANY GUFF, IRON IT FLAT. IT'LL BE MUCH EASIER TO WORK WITH THEN.

Step 5



ADD ANY FINAL, STYLIZED FLAIRS. YOUR SKIRT'S DONE! BUT IF YOU WANT TO MAKE IT MORE "YOU," ADD A RUFFLE, SOME FABRIC PAINT, OR A BIT OF MATERIAL ALONG THE SIDES. AND THEN THERE'S ALWAYS DYE, GLITTER, IRON-ONS, INK TRANSFERS, AND SCREEN PRINTING!

THERE ARE OTHER METHODS AND SEAMS THAT CAN BE USED FOR THIS WARDROBE REVAMPING, SO ASK OTHER SISTERS IN THE BODY THAT HAVE DONE IT BEFORE, JUMP ONLINE AND WATCH SOME TUTORIALS, AND GET CREATIVE! AS ISRAELITE WOMEN WE SET THE STANDARD OF BEAUTY THAT THE NATIONS CLEAVE TO AND TRY SO DESPERATELY TO EMULATE - SO, DON'T RIDE THE WAVE, CREATE IT.



Officer Lael

Who influenced your music throughout your life?

I have had influence from many poetic writers like Tupac, Kanye West, J. Cole, and Lupe Fiasco. Those are the type of people I got my inspiration to make the music and the way to put it out there to deliver it to the people. I really like how they bring it out lyrically and melodically, so I try to mix it in myself and create my music with those types of influences.

What are your challenges or frustrations in your music?

I try to make instrumental beats. That's pretty much a challenge right now. If I am writing a song, I don't force it, I back off it. If I am creating a song, I am midway in it and I cannot think of anything else, I would just stop. Then, I will just pick it back up later. If you are not feeling it, don't push it.

How would you collaborate with other artists?

I would collaborate with an artist, for example, like Jeremiah, he's an artist from Ohio. And, [other] artists in Israel as well, like Solomon, Uri, Jaleel, sister Moriah and sister Naamah. This type of artist inspires me in a way that if they send me something, I kind of get inspired by what they created, even if I have a song in mind. If they bring it to me, I might be inspired to push out music. If I do not feel it, I would let them know the song is nice, but it is not for me. Because, not every song is for every artist.

How do you find inspiration for your music?

I try to mediate on scriptures. In my walk, with the people I interact with, daily conversations and what they are dealing with things in their life. I don't always make music from my perspective but from other people's perspective. The way you can do that is by communicating with other people, and this will fit the listener and they would say, "I'm going through that!". Most High say we will go through something, so I like to make music that's uplifting, people can relate to and prophesying to someone. One thing about an artist is that you know when they are making their music, they hear it over and over. From that, you are never kind of satisfied. You always try to do better than you did before. I never push trying to be better than someone but better than what I did in the past. I am satisfied with the music and we can get Alms and the body can benefit from it and what we put on Original Royalty. And I am not doing it for myself. Because music is spiritual and can uplift someone.

What is your definition of success?

When Captain Zakar is saying a lot of people are buying the album and it is bringing in Alms for the body that is success to me. That's why we have Original Royalty. All praises to the Most High, he put the spirit on some of the Captains to broadcast music for Israel. And, it's not for vain glory but as long as it's feeding the people then that leaves me with satisfaction. No one is trying to win a Grammy.

Are you working on a new album?

There are a couple of albums, it is me and Jeremiah like I spoke about earlier, and we have One People with One Lily. That consists of sister Moriah, Soldier Paul, Sister Adina and me and some other various artists.

Who or what influenced you to become a singer?

I would say the scriptures. Sometimes, when I read, something will come to me from something I've read. Interactions, I sing a lot about love since me and my lord are married, conversations with sisters and what they're going through. They give me the lyrics and content.

Did you know you had that talent?

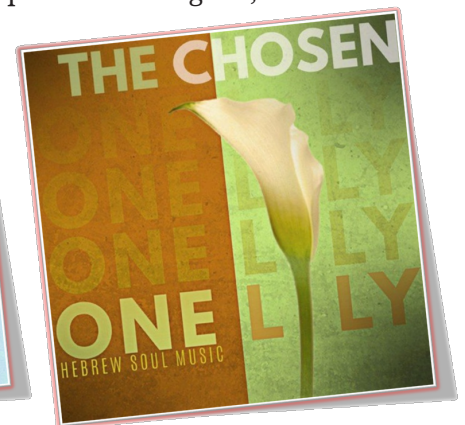
Yes, I knew I could sing because my father could sing and my sisters could sing so we are all like a musical family. But, I never sang in front of a crowd, not in school. I tried not to get scared and become more open to share with the body and was like, "People do like what I do with my voice? Do they like my voice?"

How do you get the inspiration for your music?

First and foremost, the scriptures or something that I have read. Also interactions with my lord that is why I sing a lot of love songs. And conversations with sisters [and] something they might be going through or what I am going through as well. What I also learn from myself is I must be in a zone. I record here and the lights must be low and incense burning, having a mellow vibe. It is a whole vibe to be able to kind of shut everything off and be in tune with me and the words and lyrics. Even when I am at home, I tell my lord you make me nervous when he is in the room because I have to be by myself, the lights have to be low and I even turn on a humidifier, just to get into my zone.

What are your biggest challenges or frustration for making music for Israel?

My challenge would be getting to hear my voice because I never sung before and gaining the confidence to know that, "this is my voice and I might not sound like somebody else." It's not about comparing my style and my sound to someone else, because the Most High gave us all different talents. So, we just glorify him in our own way. But, I'm getting used to it. And my frustration is I like something perfect like the One-Lily Album I would say I could have done it better. I always want to make it better and better. I want it to be perfect when I put it out for the body [and] for the Nation so I'm pretty hard on myself. Even when people tell me it's good, I feel like it can always be better.



Which songs or Album are you most proud of?

I would say the stuff I am working on now. On this project, it is more personal, my story, the stuff that I go through, it's just going to be my story. With the song "Charity never fails", which was my first song that was me getting my feet wet. As I'm getting better and working with different artists in Miami and out of State, I'm perfecting my craft so each and every time I record I want to get better and better. So, what I'm working on now I think will be my best work.


What is your definition of being a success?

My definition of being a success is just putting yourself out there. Being you is genuine; No one can be you. As long as you are being honest, open and (of course) speaking righteous music and everything, that is success to me. Because everyone has their own journey, their own walk. As long as you can express that and you feel confident in what you make, then that is success to me.



Moriah (House of Officer Samuel)

Scriptures of the Month



EZEKIEL 37:16-17

16 MOREOVER, THOU SON OF MAN, TAKE THEE ONE STICK, AND WRITE UPON IT, FOR JUDAH, AND FOR THE CHILDREN OF ISRAEL HIS COMPANIONS; THEN TAKE ANOTHER STICK, AND WRITE UPON IT, FOR JOSEPH, THE STICK OF EPHRAIM, AND FOR ALL THE HOUSE OF ISRAEL HIS COMPANIONS;

17 AND JOIN THEM ONE TO ANOTHER INTO **ONE STICK**; AND THEY SHALL BECOME ONE IN THINE HAND.

VISIT US AT ISRAELUNITE.ORG



DANIEL 11:34

"Now when they shall fall, they shall be holpen with a little help: but many shall cleave to them with flatteries."

FEAST OF DEDICATION HIGH HOLY DAYS ISRAELUNITE.ORG



CHRISTIANITY HAS DONE MORE DAMAGE ON THE MINDS OF BLACK AND BROWN PEOPLE THAN THE CRACK EPIDEMIC EVER HAS OR WILL DO TO US.

-BISHOP NATHANYEL

ISRAEL UNITED IN CHRIST



A THOUSAND SHALL FALL AT THY SIDE, AND TEN THOUSANDS AT THY RIGHT HAND: (BUT) IT SHALL NOT COME NIGH THEE

PSALM 91:7

ISRAELUNITE.ORG



JUST DO IT.

1 SAMUEL 2:3

TALK NO MORE SO EXCEEDING PROUDLY; LET NOT ARROGANCY COME OUT OF YOUR MOUTH: FOR THE LORD IS A GOD OF KNOWLEDGE, AND BY HIM ACTIONS ARE WEIGHED.

ISRAELUNITE.ORG

ISRAEL UNITED IN CHRIST



DANIEL 7:25

And he shall speak great words against the most High, and shall wear out the saints of the most High, and think to **CHANGE TIMES** and laws; and they shall be given into his hand until a time and times and the dividing of time.

ISRAELUNITE.ORG



FOUR CAUSES OF HAIR LOSS & THE SIGNS

ONE OF THE LEADING CAUSES OF HAIR LOSS WHEN IT COMES TO THE ISRAELITE WOMAN IS TRACTION ALOPECIA. THERE ARE STUDIES ON IT, VIDEOS, DOCUMENTARIES, ETC... BUT THERE ARE OTHER CAUSES OF HAIR LOSS IN OUR COMMUNITY THAT YOU MAY NOT HAVE KNOWN.



POSTPARTUM HAIR LOSS: A LOT OF MOMS' EXPERIENCE THIS AFTER THE BIRTH OF THEIR CHILD, IT CAN BE SCARY A LOT OF TIMES. WHILE YOU ARE PREGNANT

YOUR HAIR GROWS AT A RAPID PACE, IT IS HEALTHY AND HAS A GLOW TO IT. WHAT A LOT OF MOTHERS DON'T REALIZE IS THAT AFTER CHILDBIRTH THE EXCESSIVE HAIR SHEDDING IS CAUSED BY THE ESTROGEN LEVELS FALLING, THIS TEMPORARY HAIR LOSS HAS NO RELATIONS TO BREAST FEEDING. MOST MOTHERS WILL RETURN TO THEIR USUAL HAIR CYCLE 6 TO 12 MONTHS AFTER BIRTH. CUTTING HAIR IS OPTIONAL BUT A GOOD HEALTHY DIET ALONGSIDE VITAMINS A, C, D, E CAN HELP AND SOME WOMEN EVEN CONTINUE TO TAKE THEIR PRENATAL PILLS AFTER BIRTH, AND THERE IS NO HARM IN THAT.

SIGNS: EXCESSIVE HAIR LOSS (WHICH IS TEMPORARY.) ANOTHER WORD FOR THIS IS CALLED TELOGEN EFFLUVIUM. THE RESTING STAGE OF HAIR GROWTH SLOWS DOWN TREMENDOUSLY, AND A LOT OF SHEDDING OCCURS.



BLOOD PRESSURE MEDICINE: BETA BLOCKERS CAN CAUSE HAIR LOSS. A FEW OF THE BETA BLOCKERS ARE ATENOLOL (TENORMIN), TIMOLOL (BLOCADREN), METOPROLOL (LOPRESSOR), ACE LISINOPRIL (PRINIVIL AND ZESTRIL), AND CAPTOPRIL (CAPOTEN) BUT

THERE ARE MANY MORE. THEY ALSO CAN LEAD TO THINNING OF THE HAIR. SOMETIMES YOU MAY NOT REALIZE YOU ARE EXPERIENCING HAIR LOSS BECAUSE YOUR BODY HAS ADJUSTED TO THE MEDICATION. HOWEVER, SOME OF THE HAIRSTYLES ISRAELITE WOMEN LIKE TO WEAR SUCH AS BRAIDS, TWISTS, DREADS, AND WIGS, MAY HIDE THE BEGINNING STAGES OF THE HAIR LOSS UNTIL IT'S NOTICEABLE. WHEN STARTING ANY NEW MEDICATION ALWAYS PAY ATTENTION TO YOUR BODY AND HAIR, ANY CHANGES THAT ARE NOT NORMAL IS AN INDICATION THAT YOU MAY NEED TO ADJUST YOUR DOSAGE.

SIGNS: WHEN PARTING YOUR HAIR, THE PARTS GET WIDER WITHIN THAT FIRST MONTH. IMMEDIATELY CONSULT WITH YOUR DOCTOR IF THIS HAPPENS.



DIABETES: WOMEN WITH DIABETES CAN EXPERIENCE HAIR LOSS IN THE FORM OF ALOPECIA AREATA, THAT IS WHERE THE IMMUNE SYSTEM ATTACKS THE HAIR FOLLICLES, WHICH CAUSES PATCHES ON THE HEAD AND OTHER PARTS OF THE BODY.

KEEPING A GOOD BLOOD SUGAR CAN REVERSE THIS EFFECT OF HAIR LOSS.

SIGNS: UNEXPLAINED HAIR LOSS PATCHES, FATIGUE, AND DARK PATCHES ON THE SKIN. IF THIS HAPPENS, CONTACT YOUR PHYSICIAN OR TRICHOLOGIST.



IRON DEFICIENCY (ANEMIA): THERE ARE THREE STAGES OF IRON DEFICIENCY; IRON LOSS, IRON INTAKE, AND IRON ABSORPTION. HAIR FOLLICLES CAN BE AFFECTED BY THE DECREASING LEVELS OF IRON WHICH CAN HINDER NEW CELLS FROM

A HEALTHY DIET, IRON SUPPLEMENTS, AND IRON INJECTIONS ARE TREATMENTS THAT CAN HELP.

SIGNS: HAIR LOSS AT THE TOP AND FRONTAL OF THE HEAD JUST AS FEMALE PATTERN BALDNESS.

THE FASHION OF ISRAEL

BY: ABIGAIL & JADA

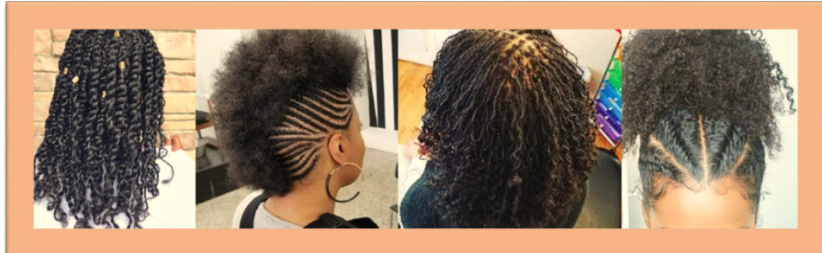
SHALOM, WELCOME BACK TO ANOTHER BLOOMING IN THE TRUTH ARTICLE. FOR THIS MONTH'S ARTICLE WE WILL GIVE YOU SOME IDEAS ABOUT FASHION. WE WILL ALSO STATE SOME KEY POINTS ABOUT HOW YOU SHOULD DRESS, HOW TO FIND YOUR COLORS, AND HOW TO LOOK BEAUTIFUL AND MODEST AT THE SAME TIME!



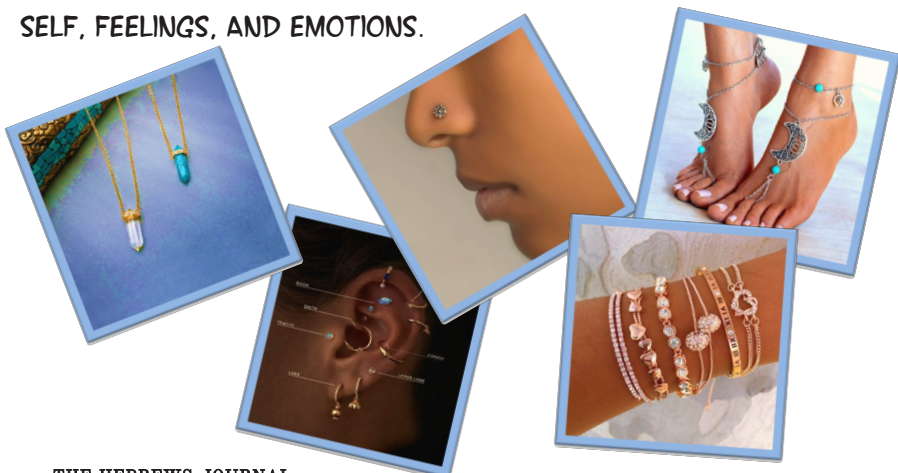
HEADWRAPS - THE FASHION OF HEADWRAPS EXCEEDS MANY. THE COLOR, STYLE, AND WEIGHT OF THE HEADWRAPS ARE BEAUTIFUL. DEPENDING ON YOUR TYPE OF LOOK OR FAVORITE COLOR, HEADWRAPS WILL SHOW YOUR INNER AND/OR OUTER FEELING. THE SCRIPTURE 1 CORINTHIANS 11:5, EXPLAINS HOW THE WOMEN MUST HAVE HER HEAD COVERED WHEN PRAYING OR PROPHECYING. THE BEAUTIFUL COVERING ON YOUR HEAD WHEN PRAYING OR PROPHECYING IS HONORABLE.



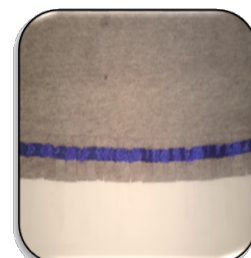
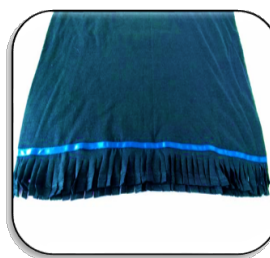
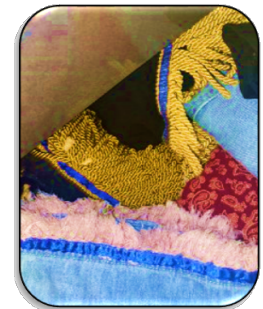
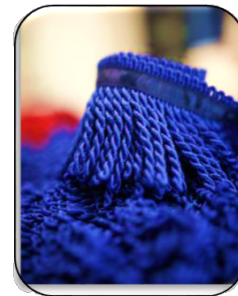
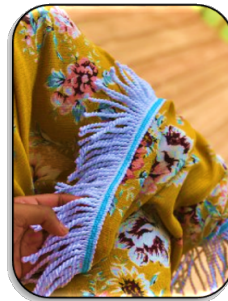
HAIRSTYLES - THERE ARE SO MANY WAYS TO STYLE THE ISRAELITE MEN/WOMEN HAIR. LOCKS, AFRO, DOWN, BRAIDS, CURLS, ETC. OUR HAIR COMES FROM THE BEAUTY OF OUR FATHER WHO ART IN HEAVEN DANIEL 7:9, HIS HAIR IS PURE WOOL, SO IF I WAS YOU, I WOULD SHOW OFF THAT AMAZING BEAUTIFUL WOOL THAT IS ON YOUR HEAD!



JEWELRY - JEWELRY IS LITERALLY ANOTHER WORD FOR MAKEUP, HAVE YOU EVER SEEN THE DIFFERENCE OF PUTTING EARRINGS ON? JEWELRY HIGHLIGHTS THE BEAUTY YOU ALREADY HAVE. THERE ARE NECKLACES, EARRINGS, NOSE RINGS, BRACELETS, RINGS, ETC. WEARING JEWELRY ALSO SHOWS YOUR PERSONAL SELF, FEELINGS, AND EMOTIONS.



FRINGES - FRINGES ARE MANDATORY! AS STATED IN NUMBERS 15:38 - 40, WE ARE COMMANDED TO WEAR FRINGES THROUGHOUT OUR GENERATIONS, WITH A RIBBON OF BLUE. TO KEEP IT FASHIONABLE, THE FRINGES CAN BE ANY COLOR TO MATCH YOUR OUTFIT, BUT THE RIBBON MUST ALWAYS BE BLUE. FRINGES CAN BE PUT ON DRESSES, SKIRTS, SHIRTS, AND JACKETS.



WHAT IS YOUR TYPE OF STYLE?

CASUAL WEAR - CASUAL IS A TYPE OF STYLE FOR RELAXED, CHILL, NORMAL DAYS. THESE TYPES OF STYLES ARE NORMALLY WORN FOR THE BEACH, SCHOOL, ETC. CASUAL WEAR IS BASICALLY NORMALLY WORN MOST OF THE TIME. WHAT WOULD BE WORN IS A CUTE BASIC DRESS, SKIRT, OR SHIRT.



CLASSICAL WEAR - CLASSICAL WEAR IS DEALING WITH THE HIGH-CLASS QUALITY BRAND CLOTHES. IT IS NORMALLY WORN AT GRADUATIONS, LUNCHEONS, CEREMONIES, OR PLACES FOR AN IMPORTANT EVENT. WHEN WEARING A CLASSICAL WEAR, YOU ARE NORMALLY SEEN AS HIGH CLASS OR IMPORTANT.

TRENDY - TRENDY WEAR IS ALWAYS FASHIONABLE UP TO DATE YOUNG GENERATION CLOTHES. AS FOR US, WE ARE NOT IN THE WORLD, NOR DO WE CONFORM WITH WORLDLY THINGS ROMANS 12:2. SO, WHAT WE DO IS ALWAYS KEEP IT MODEST AND SCRIPTURAL. TRENDY FOR US WOULD BE MODEST JEAN SKIRTS OR DRESSES, COOL SHADES AND HATS, AND SHOES OF ANY SORTS.

OLD FASHION/VINTAGE - OLD FASHION/VINTAGE IS OLD OUT-TO-DATE WEAR. THIS TYPE OF STYLE DEALS WITH THE 60S-80S OUTFITS. IT IS CHEAP, SINCE VINTAGE CLOTHES ARE NOT REALLY NAMED BRANDS OR OF GOOD FASHION. WOULD BE WORN ON A NORMAL DAY AT HOME, AT THE PARK OR PICNICS.

CONTINUES ON PAGE 9

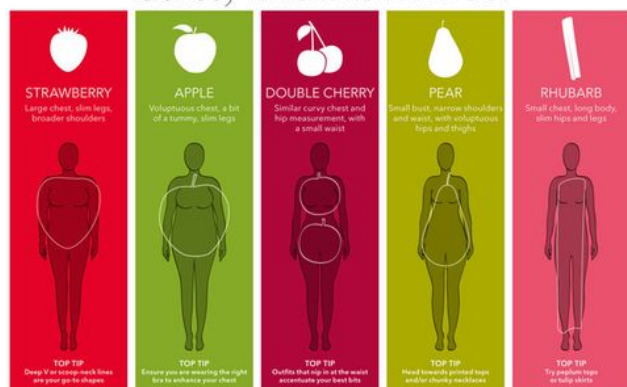
THE FASHION OF ISRAEL

90S RETRO - 90S RETRO OUTFITS WOULD BE CONSIDERED THE OLD SCHOOL LAID BACK COOL OUTFITS. WOULD BE MAINLY PLAIN, COLORFUL, UNMATCHING CLOTHES. WE WOULD WEAR A COOL GRAFFITI SHIRT OR SWEATER WITH A BEAUTIFUL PLAIN SKIRT AND A JEAN DRESS JUMPER OR SIMPLE CUTE PLAIN DRESS WITH SNEAKERS.

TYPES OF BODIES

IN ISRAEL, WE HAVE DIFFERENT KINDS OF BODY SHAPES, HEIGHTS, AND SIZES. DUE TO THE DIFFERENCE IN BODY SHAPES, CERTAIN CLOTHES MIGHT NOT COME OUT THE WAY YOU EXPECTED IT TO. WE MUST KEEP IT MODEST AT ALL TIMES, IT SHOULD NOT BE TIGHT, SHORT, OR REVEALING.

ladies, WHICH FRUIT ARE YOU?



STRAWBERRY - A STRAWBERRY BODY SHAPE IS WHEN THE UPPER TOP OF THE BODY IS WIDER OR BIGGER THAN THE LOWER PART OF YOUR BODY. ONE EXAMPLE IS A WIDE SHOULDER OR BIGGER CHEST. WHAT WOULD GO BEST WITH THE STRAWBERRY BODY SHAPE IS A BEAUTIFUL BLOUSE, BEAUTIFUL CIRCLE SKIRT OR DRESS, AND A CUTE STYLED JACKET, SO THAT IT MAY COMBINE THE UPPER AND LOWER PARTS OF THE BODY TO LOOK FULL.

APPLE - AN APPLE BODY SHAPE IS MORE OF A ROUND CIRCLE SHAPE. THE BUST/CHEST WOULD BE A BIT SMALLER THAN THE STOMACH, AND THE SHOULDERS WOULD BE SLIGHTLY NARROW. THE WAISTLINE IS NOT DEFINED. WHAT WOULD GO BEST WITH THE APPLE SHAPE IS A BEAUTIFUL VEST, AN A-LINE OR TENT DRESS, AND A CIRCLE SKIRT.

DOUBLE CHERRY/CURVY - A DOUBLE CHERRY/CURVY SHAPE IS WHEN THE WAISTLINE IS DEFINED AND THE BUST AND HIPS SEEMS TO MATCH. WHAT WOULD BE BEST FOR THIS TYPE OF BODY SHAPE WOULD BE MOST TYPES OF DRESSES, SKIRTS, AND SHIRTS, BUT MUST ALWAYS HAVE TO BE MODEST.

PEAR - A PEAR BODY SHAPE IS WHEN THE BOTTOM PART OF YOUR BODY IS BIGGER/WIDER THAN THE TOP OF YOUR BODY. THE HIPS WOULD BE THE BIGGEST ON YOUR BODY. FOR THIS BODY SHAPE, IN ORDER TO ALWAYS STAY MODEST, THE BEST TYPE OF CLOTHES WOULD BE AN A-LINE DRESS WHERE THE TOP IS SMALLER, AND THE BOTTOM IS WIDER CONSISTING OF A CIRCLE SKIRT BIG ENOUGH TO NOT SHOW YOUR SHAPE.

RHUBARB/STRAIGHT - A RHUBARB/STRAIGHT BODY SHAPE IS WHEN YOUR WHOLE BODY IS PROPORTIONATE AND EVEN. THE CHEST, WAISTLINE, AND HIPS HAVE THE SAME SIZE TO SHOW AS A STRAIGHT BODY. WHAT WOULD GO BEST WITH THIS SHAPE WOULD ALSO BE MANY, TO ADD SOME STYLE TO IT, A BELT AROUND THE WAISTLINE AND A CUTE BLOUSE WILL COMPLETE YOUR STYLE.

CLOTHING TIPS!

- IF YOU ARE ALWAYS TUGGING DOWN THE SKIRT OR DRESS WHEN WALKING OR SITTING DOWN, THEN IT IS NOT THE RIGHT SIZE OR LENGTH FOR YOU, IT IS NOT MODEST.
- HAVING 4 FINGERS DOWN TO YOUR COLLARBONE SHOULD BE THE MAX OF THE TOP PART OF THE SHIRT OR DRESS, TO NOT SHOW ANYTHING REVEALING.
- IF YOU HAVE A SLEEVELESS DRESS OR SHIRT THAT SHOWS YOUR UNDER GARMENT, THEN A JACKET, VEST, OR COAT SHOULD BE WORN TO STAY MODEST AND BEAUTIFUL.

SHOES!

MIDI HIGH HEELS - MIDI HIGH HEELS ARE INCREDIBLY BEAUTIFUL TO PUT ON AS A FINISHING TOUCH TO YOUR OUTFIT. IT CAN GO WITH ANY TYPE OF DRESS OR SKIRT THAT YOU WILL BE WEARING.



FLATS - FLATS CAN BE WORN WITH CASUAL, NORMAL, EVERYDAY OUTFITS.



SNEAKERS - WE HAVE TO BE CAREFUL WITH SNEAKERS SOMETIMES. WE ONLY WEAR MODEST DRESSES AND SKIRTS, AND SOMETIMES SNEAKERS DO NOT LOOK TOO GREAT WITH THEM. AT THE SAME TIME, SNEAKERS DO HAVE THEIR MOMENTS. THE SNEAKERS BEST WITH DRESSES AND SKIRTS ARE MAINLY SIMPLE CUTE SNEAKERS THAT MATCH THE COLOR AND STYLE OF YOUR OUTFIT.

Always Remember!

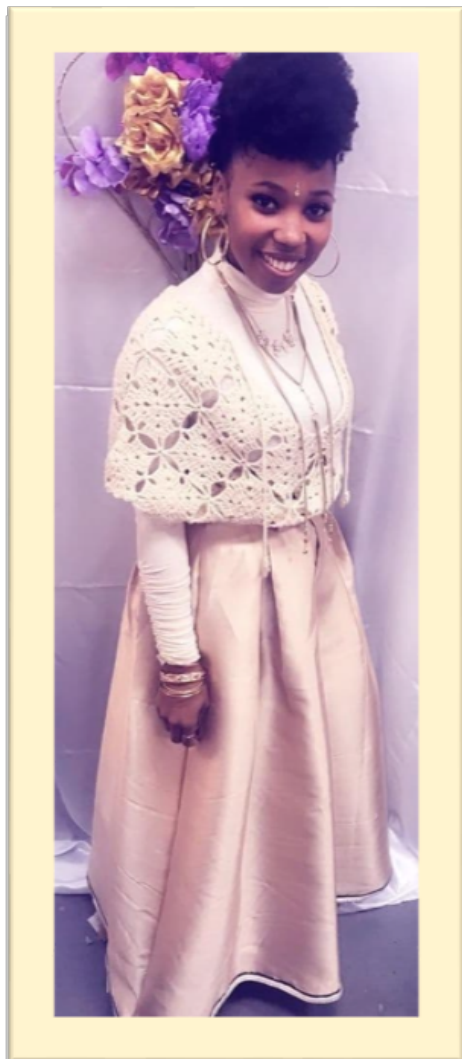
Proverbs 31:30

*"Favour is deceitful, and beauty is vain:
but a woman that feareth the LORD,
she shall be praised."*



Modesty
is beauty.

HOW MANY OF US WOMEN WERE SELF-CONSCIOUS OF OUR BODIES WHEN WE WERE IN THE WORLD DRESSING PROVOCATIVE AND NOT UNDERSTANDING THE MEANING OF DRESSING MODEST? SOME OF US REALLY DID NOT LIKE OR EVEN LOVE OUR OWN BODIES BUT WE DRESSED A CERTAIN WAY TO GET ATTENTION FROM MEN. SAD BUT TRUE FOR A LOT OF US. NOW THAT WE KNOW WE ARE THE CHILDREN OF THE MOST HIGH AND THAT WE WERE MADE TO KEEP OUR BODIES COVERED, HIDDEN FROM THE WORLD AND ONLY FOR OUR HUSBAND TO VIEW, WE NEED TO BE PROUD OF DRESSING MODEST. WE ALSO NEED TO REMEMBER THAT WE ARE NO LONGER TRYING TO GET THE ATTENTION OF MEN BY THE WAY THAT WE DRESS.



WE NEED TO OWN MODESTY (1 TIM 2:9). OWNING MODESTY SIMPLY MEANS TO DRESS WITH CONFIDENCE AND TAKE JOY IN DRESSING MODESTLY. BE HAPPY TO COVER UP. DON'T LOOK AT THE WOMEN IN THE WORLD AND LIKE THE WAY THEY DRESS AND THINK BACK TO WHEN YOU DRESSED THAT WAY. FIND WHAT COLORS LOOK BEST ON YOU BUT ALSO MAKE YOU FEEL GOOD. WE ALL KNOW THAT WHEN WE LOOK GOOD WE FEEL GOOD! THIS IS JUST A REMINDER TO TRY DIFFERENT COLORS AND LISTEN WHEN PEOPLE COMPLIMENT YOU. THEY MAY NOTICE THAT CERTAIN COLORS ENHANCE YOUR BEAUTIFUL SKIN, REFLECT YOUR RADIANT SMILE, OR JUST MAKE YOU MORE CHEERFUL.

THERE'S NO NEED TO BE SELF-CONSCIOUS NOW BECAUSE OUR BODIES WERE NOT MADE TO BE SEEN BY EVERYONE ELSE ANYWAYS. JUST FOR YOUR HUSBAND AND YOURSELF. WHEN YOU REALIZE THAT THE MOST HIGH MADE US ALL DIFFERENT FOR A REASON AND EVERYTHING HE MADE IS GOOD AND PERFECT YOU WILL BECOME MORE CONFIDENT AND LESS SELF-CONSCIOUS (SIR 39:33 - ALL THE WORKS OF THE LORD ARE GOOD...). LET'S REMEMBER THAT WE ARE THE LIGHT OF THE WORLD (MATT 5:14) AND THE WOMEN IN THE WORLD SHOULD DESIRE TO DRESS LIKE US, NOT US TRYING TO DRESS LIKE THEM! (2 ESD 16:49)



"TRUTH BE TOLD"

IN THE BEGINNING HE WAS MERCIFUL,
PATIENT, SWEET, BLONDE HAIR WITH
BLUE EYES
DRAPED IN AN ALL WHITE GARMENT,
WHITE SKIN, STRAIGHT HAIR, BUT OOH HH
WHAT LIES.

HE WAS WHITE, AN ALL POWERFUL
BEING, SON OF GOD
NEVER THOUGHT THIS WHOLE TIME, THIS
WHITE MAN, WAS A FRAUD.

I WOULD GO TO CHURCH EVERY SUNDAY,
JUST SITTING IN THE SEATS
THINKING TO MYSELF, SOMETHING AINT
RIGHT, SOMETHING'S MISSING, THIS
DON'T SIT RIGHT WITH ME.

WHITE MAN AND WHITE ANGELS PAINTED
ON THE STAINED GLASS WINDOWS, I
QUESTIONED, WHAT IS THIS?
WHY IS THIS? WHERE DO WE FIT?

WHY ARE THEY EXALTED OVER EVERYONE
ELSE?
IS THIS REALLY THE HAND WE HAVE
BEEN DEALT?

I WANT TO KNOW, I NEED TO KNOW,
THERE HAS TO BE MORE.
I HAD NO CLUE, THAT THE TRUTH WOULD
BE KNOCKING AT MY DOOR.

YES, THIS ME, IS OLD
I'M EXPLAINING THE BEGINNING OF MY
JOURNEY

"TRUTH BE TOLD"

BY AHMATHAH

The 12 Tribes of ISRAEL

GENESIS 49, DEUTERONOMY 33, & REVELATION 7

KING JAMES VERSION

Judah – “AMERICAN BLACKS”

Benjamin – “WEST INDIES BLACKS”

Levi – “HAITIANS”

Ephraim – “PUERTO RICANS”

Manasseh – “CUBANS”

Simeon – “DOMINICANS”

Zebulon – “GUATEMALA TO PANAMA (MAYANS)”

Gad – “AMERICAN INDIANS”

Reuben – “SEMINOLE INDIANS”

Asher – “COLOMBIA TO URUGUAY (INCAS)”

Issachar – “MEXICAN (AZTECS)”

Naphtali – “ARGENTINA/ CHILE”

ISAIAH 11:11 King James Version

“SCATTERED THROUGHOUT
AFRICA & ABROAD”



JAMES 1:1 King James Version

“TO THE TWELVE TRIBES
WHICH ARE SCATTERED ABROAD”

DEUTERONOMY 28:15-68

ORIGINAL ROYALTY
ORIGINALROYALTY.COM

BLACKS HISPANICS AND NATIVE AMERICANS YOUR HISTORY IS IN THE BIBLE.

BLACKS HISPANICS AND NATIVE AMERICANS YOUR HISTORY IS IN THE BIBLE.